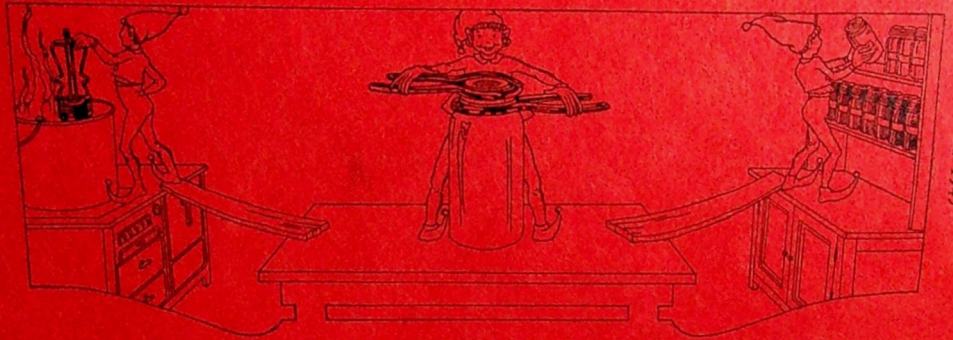
Canning
and
Preserving

SIXTEENTH EDITION

by

GUNNAR AHLQUIST, B.A.

EASY SAFE FAST



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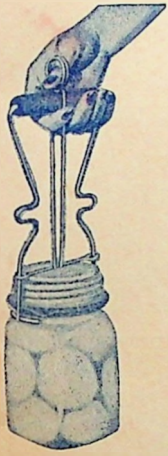
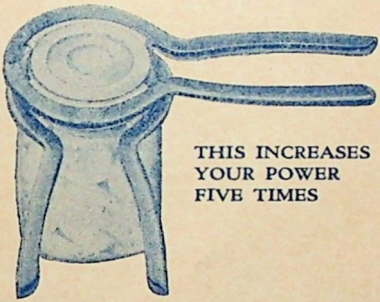
Revised 1945

THE GUNNARD CANNING SET



SAFETY LOCK LIFTER
PREVENTS SCALDS

OPEN AND SEAL JARS



THIS INCREASES
YOUR POWER
FIVE TIMES

THIS SET NO. 700 INCLUDES

1 Rubber Lined Jar Holder, 1 Rubber Lined Jar Tightener, 1 Jar Lifter, 1 "Canning and Preserving." Price $1.75.

DIRECTIONS

LIFTER: Pull up the ring to open. Place the jaws near the neck of the jar. Press down the locking bar with your thumb in the ring, as is shown in picture on page 6.

TO OPEN AND SEAL: Put one wrench around the neck of the jar. Place the other in the top groove of the cover as is shown above. See also page 5, "Sealing".

GUARANTEE

THE GUNNARD CANNING SET is guaranteed against any defects. Any imperfect part will be repaired or replaced free of charge.

New Linings. Set of four . . . . . 25c postpaid

(Use order blank on last page)

Made by

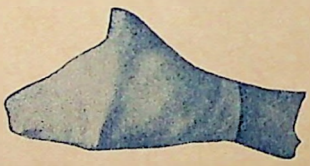
THE GUNNARD COMPANY

7100 Oak Grove Blvd. Minneapolis 9, Minnesota

BROKEN JARS ARE DANGEROUS!

Railman Serves 47 Years Unscratched; Hurt By Fruit Jar

DANVILLE, Ill., Feb. 23.—(I.N.S.)—Chauncey H. Biehler, who served the Wabash Railroad as conductor for 47 years without receiving a scratch, today was in serious condition following a struggle with a jar of fruit his wife asked him to open. The jar broke in his hands and he received a deep cut. Blood poisoning developed. He was to be removed today to the Wabash Hospital at Peru.



THIS IS WHAT I GOT

THIS IS WHAT DID IT

Look what might have happened to you some day without a Canning Set.

NOW YOU ARE PROTECTED!

This assurance alone is worth ten times the price

PREFACE

The aim of this booklet is to add some knowledge to that which you already have in the general understanding of the principles of canning. Only the simplest and choicest recipes are included.

I have judged Home Canned Foods at the Minnesota State Fair since 1933 and I have found that only small variations determine which exhibits stand out as the more choice. Only trifling and small attempts may make your canned goods, Blue Ribbon products.

Water canning requires a little more careful selection of extra fresh raw materials, extra boiling jars and covers and a little more time in processing. But the quality of your water-canned product will be excellent. Water canning requires a little higher art and skill.

One thing I want to impress upon every one. Do not mix time tables of various types of canning. Learn any one type well and stick to that. If you use a pressure cooker, stick to the required time. But do not attempt to process in water from a pressure cooker time table.

My best wishes to you for better success and continued enjoyment in your canning.

GUNNAR AHLQUIST

HOW TO BECOME AN EXPERT CANNER

When you have tried a new method or a new recipe, be sure to label your jars. Have the method or recipe written out in detail. Before serving this food put up in a new or different way, open also one of the former method products. Compare the two. If the new is better, then write this down in your recipe box or mark the recipe in the book from which you took it and use it again. If it is not as good as what you have used before, discard it. In this way you are judging for yourself. If you continue this long enough, you will become an outstanding expert.

OUR BEST TESTIMONIAL

Mrs. J. B. Graham, Duluth, Minnesota, has given our canning set the best test that anyone has done up to the present time. She, with the help of other women, canned 3,000 jars of fruits and vegetables for an orphanage. The canning set was used on every jar, and she said: "Not a single jar spoiled." This will give one assurance that the linings will last through 3,000 hot operations.

REASONS FOR CANNING

To have healthful food on hand at all times. Whether you love canning or hate it, makes no difference. The body requires healthful foods. Every member of the family, to keep vigorous, healthy and ward off sickness, requires food that contains rich vitamins and regulative salts found in a variety of vegetables. Those well cooked foods such as you can prepare by canning in your home, will improve the health of your entire family.

Rather spend a little time in preparation of good foods than spend your money on doctors, hospitals or dental bills.

Provide for off seasons. Some years there is plenty to can. Other years there is less. One year there will be plenty of berries, both cheap and nice. The next year there may be less berries, more expensive, or poor quality. Can when you have plenty of whatever you have. It saves money.

To save time. The preparation of meats for individual meals always takes time and care. Canned meats on hand will save much time. When company comes it is especially nice to be able to find a jar of fine chickens or fine pork or delicious meat balls almost ready to serve.

CAN THE BEST

You cannot improve qualities by canning. You can only get out of a jar what you put into it. A sound and fresh product, well canned, will give you a tasty, wholesome food.

SEALING

The most important part of your canning is the sealing. No matter how choice your product is at the time you make it, if it is not well sealed, it will not be choice when you open it.

In order to make a perfect seal, your jars must be boiling. It is not only turning a cover tight that makes a perfect seal. It is turning the cover tight on a jar that is full of steam. A jar that has been out of your cooker a while may have taken in air. It must be sealed while it is boiling or full of steam. When sealed at that point so that it will not admit air, you have a perfect seal.

The jars are wet and perhaps slippery from syrup or fat when they come out of your cooker. After all the jars have been tightened once, go over them a second time to check . . . The syrup has then dried and your grip will be positive. In meat canning, throw a dry cloth over the jar. Place tools over the cloth. This absorbs the fat.

Two persons can do sealing much better than one. Have one to lift the jars from the cooker and one to seal them tight.

REMOVING FROM PROCESSING

Your most efficient way to remove your jars from your cooker is to take one by one. Seal each before removing others.

If you take out several at a time, some will start cooling before they are sealed. Unsealed cooling jars are taking in air and may take in new bacteria. If that is the case, spoilage will take place no matter how well you seal.

This Certainly Makes Canning a Joy Instead of a Drudgery

So, seal each jar before removing others.

CHECK BEFORE SERVING

To be sure that you are serving good, healthful food, examine it. Before opening a jar and serving it, inspect for the following:

1. Bulging cover. 2. Air bubbles. 3. Foaming and moisture. 4. A loosened cover. 5. Change in color. 6. Bad odor.

Any one of these indicates spoilage of some sort. The safest is not to use it.

Even if meats and vegetables smell perfect, do not taste before heating.

CLEANING USED ZINC COVERS

Wash, scald or boil used covers before storing.

Zinc covers can be made bright by adding a cup of vinegar to the water in which they are boiled, or boil in soda water (3 tblsp.) half hour.

WHAT PRESERVES FOOD?

Drying, salting and smoking render bacteria inactive. It does not kill germs and bacteria.

Canning kills and excludes bacteria.

Processing is the act of killing the germs, by means of heat.

Sealing is the act of inclosing the processed food and keeping out air and new germs.

When all the germs are killed and new germs kept out, the food will keep indefinitely.

MOLD, FERMENTATION, SPOILAGE

These troubles can be avoided if you will follow these simple directions:

1. Boil all jars, covers and rings before using.
2. Boil all used covers 20 to 30 minutes in soda water (3 tablespoons baking soda — or a cup of vinegar). Or bake them in the oven, 1 hour.
3. Use good covers always.
4. Cook your meats and vegetables until they are thoroughly done, before packing into jars.
5. Process your jars according to recommended time tables for your locality.
6. Seal as explained in this booklet (page 5).
7. When you pack and seal without processing, such as jams, butters, preserves and conserves, be sure that the food is boiling hot. Have the rings, jars and covers well boiled and hot.

LABEL PASTE (Moisture Proof)

Label your jars. This paste given here will hold labels on jars in store room.

1 cup flour
1 cup cold water
3 cups boiling water
1 teaspoon powdered alum
½ teaspoon oil of cloves

Mix the flour and the cold water well. Add the boiling water. Bring slowly to boiling, beating all the time to prevent lumps. Boil five minutes. Add alum and the oil of cloves. Pour into half pints and cover. This keeps well.

I CAN'T UNDERSTAND IT.— I KNOW I COULDN'T PUT THEM ON THAT TIGHT
I CAN TAKE IT DOWN TO SIMS, THE BLACKSMITH - HE HAS AWFILY STRONG HANDS.
DONT BOTHER! IM GETTING BIG HANDS TOO FROM OPENING CANS ALL THE TIME
HERE'S ALL THE PEACHES - IF YOU CANT OPEN ONE, WE'LL HAVE TO HAVE PEARS, AND IF YOU CAN'T OPEN THE PEARS WELL HAVE TO HAVE PLUMS.

YOU WILL HAVE NO SUCH TROUBLES

CRACKED JARS

Glass jars crack when exposed to uneven temperatures. They may crack:

When you place a cold jar in scalding water.

When you fill a cold jar with hot foods.

When a cold draft strikes a filled, hot jar.

When you place them in your boiler.

Strength will not break good jars. Even with the Canning Set, you can not break any. Only those that are already started will break in your hand. But with your Set you are protected.

CANNING EFFICIENCY

You can conserve a great deal of time and energy by proper planning. While getting the material ready, have the boiler on the stove, full of jars, covers and rings. Let them be boiling until you are ready to pack your jars. As soon as the jars are filled, put them back into the same water for processing. This saves time and fuel.

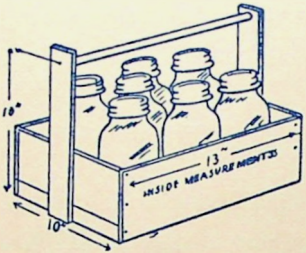
TO OPEN TWO-PIECE, BAND COVERS

Squeeze handles just hard enough to grip. The bands are soft and may bend out of shape. Sometimes the Kerr bands rust on very tightly. When they won't come off by a gentle turn, squeeze the band near the bottom in two or three places with jar wrench, so that it bulges. This will break the corrosion and loosen the band so that it will come off by a gentle turn.

The plate may stick very hard after the band has been removed. Punch it with a sharp point, or grip this plate over the edge, at an angle, with wrench. This will loosen it.

The glass plate of the edge seal type sticks extremely hard to the jar. Do not insert a knife between the lid and the jar. This may chip a piece off the jar and go into your food. Place a Gunnard Jar Wrench over the rubber ring and squeeze gently. This will force the jar ring loose and the plate will pop open.

JAR CARRIER



The best ever to carry filled or empty jars safely. Make 13 in. long, 10 in. wide, 3 or 4 in high. Place handle 10 in. from bottom, inside measurements. A cherry box is finished except for a handle.

PRE-COOKING AND PROCESSING

It has been discovered that a combination of Pre-Cooking and Processing methods is the most satisfactory for meats and vegetables. Meats packed after roasting will not shrink but your jars will remain full. Meats must be prepared to taste well before processing. Prepare all your meats as you would for a meal, pack into jars and then process. It will look right and taste good.

Vegetables keep better when boiled in an open kettle as you would for a meal. It removes air. It heats thru every part uniformly. You can stir some to be sure that all parts are cooking. Pack while still undercooked.

Cooking means preparing the food as for the table.

Processing, in plain words, means to heat the filled jars in any style of heat long enough to kill bacteria. Start timing as soon as the water boils, or as soon as the juices in the jars boil in oven, or when the pressure of your pressure cooker is up.

Processing means a final attack on always present, but unseen, germs and bacteria that may gather on the cooked food or the jars or covers while it is being packed into the jars.

FALSE BOTTOMS

Any screen, layers of metal lath, or netting, that holds the jars off the bottom ½ to 1 inch is good. But it should be flat.

PROCESSING RULES

1. The liquid or syrup in a jar will boil out more easily when processing water is low. To prevent boiling over, cover by 2 inches of water.

2. Jars that are not filled with liquid, like meat jars, need not be covered with water. But it does not harm any to cover.

3. Place cool jars in cool or warm water.

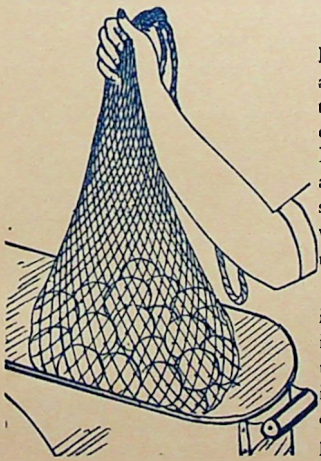
4. Place hot jars in hot or boiling water. This prevents sucking in water.

PREVENT BREAKAGE IN PROCESSING

If your processing water is hot and your filled jars are cool, they may break in the processing cooker.

To prevent this, hold your filled jars in water that is not too hot to hold your finger in. This will prepare them for the hotter water and they will not break.

You can also prevent breakage in scalding jars by laying your cool jars down in the scalding water. If you have running hot water, just hold it under the faucet for a warming up and it won't break in the scalding.



SCALDING NET

For scalding peaches, apricots and tomatoes, the very best is a fisherman's landing net. It saves time and fuel, as you can do all your scalding in the same water. It does not retain water to spill.

Have 8 in. of water in a washboiler, boiling violently. Hold tomatoes in the boiling water for 20 seconds, apricots and peaches 15 seconds.

A REAL DISCOVERY—Makes fruit and berry canning as easy as washing dishes.

The DRY SUGAR METHOD

Discovered and home tested by Gunnar Ahlquist.

It gives much fruitier, fresh fruit flavor. It saves time and sugar. No unused syrup left over. It is 100% in keeping.

USED FOR ALL FRUITS AND BERRIES

Plums, Cherries, Berries and all fruits that require no peeling or other than washing preparation.

Fill the clean fruits or berries into boiled jars.

Add ½ to ⅔ cup sugar to each quart, depending on ripeness of fruit. (Well ripened fruits and berries require less sugar). ¼ cup sugar per quart makes a very tasty food and keeps just as well.

Fill jar with cold water. A funnel will be required to prevent spilling.

Process berries 15 min. Process fruits 20 min.

Gooseberries—Add one cup sugar.

Cherries—Add ¼ cup sugar.

The sugar will remain unmelted in the bottom. It will dissolve in a day or two. This slow absorption retains fruit flavor.

APRICOTS

Skin or leave skin on. Cut in half. Remove stones. A few nuts from the stones improves flavor.

Add dry sugar, water and process as above.

PEACHES

Scald to loosen skin as shown in a net.

Half and pack tight with two or three stones to each quart. Add sugar, water and process as above.

PEACHES IN THE SKIN

Try a few. You will like them. The skin gives a rose color and a good flavor. It removes easily at time of serving. But you may not remove it. You will eat it. Use the dry sugar method, as above.

PEARS

Peel and half. Drop in salt water, 4 tablespoons salt in a gallon of water. Pack as tight as you can.

Add sugar, water and process as above.

WITHOUT SUGAR
PIE - BERRIES - COBBLER

This is a wonderful recipe for winter pies and cobblers.

Fill jars with cleaned berries. Place in kettle in three inches water and cook until the berries are soft and have settled into one mass.

Now empty from some jars to fill others if you wish your jars full, which is preferable.

Put boiled covers on the filled jars and process 15 minutes. Seal.

Add sugar at time of using.

STRAWBERRY PRESERVE

Won't rise. Won't shrink. Won't spoil. Very choice.

1 quart berries. Boil in own juice 3 minutes.

Add 1½ cups sugar. Boil 3 minutes.

Add 1 cup sugar. Boil 3 minutes.

Pour in scalded crock. Let stand 24 hours.

Add 2½ cups sugar. Boil 3 minutes.

Place in scalded crock. Let stand 48 hours in cool place, stirring two or three times a day. Pack, cold, into scalded, hot jars, rings and covers. Seal.

GRAPE JUICE

Concord Grape. Sound, ripe grapes only.

Pick off stems. Wash.

Cover with water and cook until seeds are free.

Put in sugar sack. Work the sack gently so that you extract all the juice. Or hang over night.

If the grapes are very ripe and sweet it makes a delicious drink without sugar, especially if you do not like sweet juices.

But if you like a mellow, sweet juice, then add ¼ cup sugar to each quart of juice.

When sugar has melted, put on fire and boil 5 minutes.

Pour into hot sterilized jars. Process 5 minutes. Seal. Do not use bottles.

This is a most refreshing, inexpensive drink.

THE FAIR WANTS YOUR BEST

Send something to your fair ever year. You will become a better canner and a better booster every time you send something.

BUTTERS, JAMS, PRESERVES, CONSERVES

The less water you can start with, the sooner it will thicken.

Steam or cook your fruit until thick.

Add sugar, cup for cup, or less, after it has been boiled down.

Simmer slowly.

How to test consistency: Drop a spoonful on a plate. Cool. Pull spoon through. If it does not come together, it has cooked enough.

A perfect jam or butter should not be runny. It should not be as firm as jelly. It should drop from spoon.

Pack hot, in hot, boiled jars, pints or half pints. Use boiled covers and rings. Seal. It is better than paraffin. You will have no mold and less fermentation.

TOMATO JUICE, DELICIOUS

Tomatoes must be vine ripe, when picked, free from any spots. Cut out green. Core. Cut into parts and crush.

3 gal. tomatoes, cut and crushed.

1 onion.

Cook gently to free seeds. Stir occasionally. Remove pulp and seeds in a rotary colander or press.

Pour juice in jars. To each quart add 2 tablespoons sugar.

Process in water 10 minutes. Seal.

TOMATOES, SEEDLESS

This method produces a tomato that can be compared with a FRESH TOMATO JUST PICKED FROM YOUR GARDEN.

It is a great recipe.

Have your scalding water boiling so that you can drop them right in as soon as you come from the garden. Also have your jars and covers scalding ready to pack.

Pick ripe tomatoes only. Discard spotted and those with dark cracks.

Scald tomatoes to loosen the skin.

Core, peel and cut into quarters. Remove seeds. Pack right into the hot jars. Press gently to cover with their own juice. Add 1 teaspoon salt to each quart.

Process, hot water, 5 minutes. Seal.

The 5 minute period is sufficient only for well ripened and vine ripened tomatoes picked and canned the same hour.

If picked 4 hours, process 8 to 12 minutes.

If picked 8 hours, process 15 minutes.

Day old tomatoes, process 20 minutes.

FIRST REQUIREMENT IN CANNING VEGETABLES

Before starting to can any vegetables, be sure they are fresh. Many people have difficulty in canning vegetables. They blame the method or the recipe. They forget to consider that they may have tried to can something that was already spoiling.

If vegetables have been picked a day, they are not fit to can. Chances are that most will spoil by common methods. But even if you could keep them by special methods, they would not be tasty and healthful.

SAVE YOUR FOOD

The best guarantee for keeping your foods from spoiling is:

BOIL JARS AND COVERS AND RINGS FOR 20 minutes before packing any foods.

TAKE THE JARS FROM THE SCALDING WATER DIRECTLY WHEN PACKING.

JARS AND COVERS MUST BE WELL CLEANED IN SOAP-WATER AS SOON AS EMPTIED. BUT THIS MUST BE DONE BEFORE THE 20 MIN. BOILING.

PRESSURE COOKING

The Steam Pressure Cooker has been regarded as the best means for processing non-acid vegetables and meats. It's faster and can develop more heat, required to kill bacteria. Follow the time table furnished with your cooker or that of your Extension Service of your local University.

TIME TABLES

How long you should process depends on the method you use and your locality. Water bath and oven canning require the same length of time, with liquid or syrup in the jars. The pressure cooker requires less time. The best and safest time table to use is one that has been found safe in your locality. You can secure canning pamphlets from your own State University, the Extension Service. Send also for the latest from the Department of Agriculture, Washington, D. C. In those pamphlets you can find the time table that is most satisfactory for your own locality.

BEANS, GREEN

Pick beans while young and tender. Do not attempt to can wilted or old beans. They may spoil.

String and cut. Take a bread board. Arrange as many pods as you can hold your hand over. Slice off as you would slice a meat loaf. Have a long, sharp knife.

Cook in open kettle covered with water 15-20 min.

The green color remains better if cover is not used.

Pack solid in jars. Cover with water the beans cooked in. Add 1 teaspoon salt to each quart.

Process according to recommended time tables. Pressure cooker (pressure cooker time) or hot water 2½ hours.

CHRISTMAS BEETS, VEGETABLE

This is the finest recipe.

The smaller the beet, the more choice it is. A 2 inch beet is good.

Cook, peel, cube and pack in hot jars.

For ½ bushel, mix 3½ cups vinegar, 7 cups sugar, 1 cup water.

Boil syrup 10 minutes. Pour on hot.

Process 1 hour in water boiler.

This is a delicious and colorful vegetable.

NINE DAY KRAUT

Cabbage is very rich in vitamin C.

Make half a recipe the first time.

Kraut cured by this method is mild and can be used for raw salad or cooked with spare ribs or other meats.

Two bushels cabbage make 25 qts.

You need one ten gal. crock, cleaned and scalded.

Shred into any large tub. Cut away centers.

Sprinkle layers of shredded cabbage and salt, one teaspoon salt to each handful of cabbage, or ½ cup salt to each bushel cabbage.

Pack and stomp each layer until some juice appears. A good stomper can be made from a green tree, about 3 inches in diameter. Cut 30 in. long. Trim down upper half to make a good handle.

Do not fill the crock full to the top, but leave four inches unfilled.

Cover with a clean cloth and diaphragm or earthen plate. Weight down with a gallon jug full of water.

Tie an oil cloth or paper over the whole to keep dust and flies out.

The surest and quickest way to finish this is by controlled heat. Place crock in a barrel on a stool or box under which you place one 25 watt electric bulb. This light burning will keep it at about 80° F. It will finish in 7 to 9 days.

When curing without the use of artificial heat, do it in the early fall, in warm weather. But because the heat is not constant, the curing period will vary. The curing is completed in 9 or 10 days in 80° F. But in 50° F. it may take 20 days. Keep tasting every day. If it is the right (sour) flavor it is ready to store.

Change the cloth each day. Rinse the diaphragm and the water jug too. Spoilage starts at the top. Skim foam and re-cover as before.

As soon as the cabbage is cured, fill into well boiled jars. Divide all the juice so that every jar is covered.

Cover with boiled covers. Process in water 5 min. Take out and seal.

The nine day controlled heat makes a fine salad, served raw.

Three important facts to know in making kraut:

1st: Keep it warm while it works.

2nd: Stop the working by heat, as soon as the kraut is cured to prevent overcuring and souring.

3rd: The curing period varies in proportion to the heat.

PEAS

Gather peas in the morning. Do not allow interruptions.

Discard any that are turning hard.

Put peas in a kettle and cover with water.

Cook until the peas are tender as for serving. Stir occasionally.

Pack in pint jars. Cover with the water they cooked in.

Add ¼ teaspoon salt and ¼ teaspoon sugar to each pint.

Process in pressure cooker (pressure cooker time), or in hot water or oven 2½ to 3 hours, or according to recommended time tables.

BREAD AND BUTTER PICKLES

1 gallon of cucumbers, 2½ inches long.
8 small white onions.
2 green peppers, shredded.
½ cup salt

Select crisp fresh cucumbers. Wash, but do not pare them. Slice crosswise in paper-thin slices. (You'll be repaid for this seemingly tedious task.)

Slice onions thin. Cut peppers into fine shreds.

Mix the salt with the three vegetables and bury pieces of cracked ice (1 quart) in the mixture.

Cover with a weighted lid and let stand 3 hours, then drain very thoroughly.

Meanwhile, make a pickling syrup of:
5 cups sugar.
½ teaspoon ground cloves.
2 tablespoons mustard seed.
1 teaspoon celery seed.
1½ teaspoon tumeric.
5 cups vinegar (not too strong).

Mix the sugar, tumeric, and cloves together. Add the mustard and celery seed and the vinegar and pour over the sliced pickles.

Place over a low heat and paddle occasionally, using a wooden spoon.

Heat the mixture to bubbling, but do not boil.

Pour into hot sterilized jars and seal.

MIXED PICKLE

1 large cabbage head (3 qts.) 6 large onions
12 ripe cucumbers (4 qts.) (1 qt.)

Chop fine. Cover with water. Add one cup salt and let stand over night. Rinse. Cook together:

5 cups vinegar. 4 cups sugar.
1 tablespoon mustard seed.
1 teaspoon curry powder.
4 green peppers.
⅔ cup flour.
1 tablespoon celery seed.
2 teaspoons tumeric powder.

Make paste. Add chopped ingredients. Cook until tender. Pack hot and seal.

MUSTARD PICKLE

2 quarts cucumbers or cauliflower. 2 quarts onions, small white.
2 quarts cabbage. 2 red peppers.
2 green peppers.

Slice onions, if large. Slice cucumbers without peeling. Cut cabbage in pieces about the size of a 5c piece.

Cut peppers fine, removing seeds.

Cover with water and 1 cup salt. Set away for 24 hours.

Bring to a boil and drain.

Sauce:

1 cup water. 2 tblsp. celery seed.
6 cups white sugar. 2 quarts vinegar.
½ cup Colman's mustard (fresh). ½ cup flour.
½ ounce tumeric.

Heat vinegar. Mix tumeric, flour and sugar. Stir in water slowly. Add to vinegar. Cook until smooth. Add celery seed.

Cover the pickle mixture with sauce. Cook gently for 20 minutes. Seal and store.

CHOPPED PICKLE

Take: 1 heaping peck green tomatoes—core them.
6 green peppers.
7 white onions, 2 inch size.
Grind with coarse blade of food grinder.
Add 1 cup salt and let stand over night.

In the morning add:

1 quart vinegar.
1 quart water and boil 15 minutes.
Drain real well.
Boil up 2 quarts vinegar and 8 cups sugar (4 cups white and 4 cups brown).
1 oz. cinnamon stick, 1 oz. whole cloves and white mustard seed in bag.

Add 3 sweet red peppers chopped, and green tomato mixture to above and boil 15 minutes. Seal in hot sterilized jars.

HEALTH DILL PICKLES (No Vinegar)

These are crisp and delicious.

Select cucumbers 3½ to 5 inches long. (Large cucumbers turn soft). Do not wait to the last of the season.

Place cucumbers unwashed in a crock. Cover with water (rain water if your water is very hard).

Add 2 cups salt for each gallon of water used.

Weight down so that none is above solution.

Leave in this water 14 days. They will foam. Skim or remove what floats.

After 14 days, brush each cucumber and rinse.

Pack in boiled jars:

Two large grape leaves.

Cucumbers and dill.

1/40th part of one hot red pepper.

Add boiling water to cover.

Seal tight with boiled covers.

DILL PICKLES

For 6 quarts pickles take:
1 qt. white vinegar.
2 qts. water.
⅔ cup salt.
Boil 15 minutes with cover on.

Scrub cucumbers well. Pack loosely, stem up, in boiled jars in plenty of dill. Pour hot brine to cover pickle, seal. These will not work.

MEAT CANNING

Good reasons for canning your own meats:

1. Cash savings. 2. The quality. 3. Freshness. 4. Ready to serve.

Do not can it unless it is young, fat and fresh. Then you will have meat that is choice.

The art of meat canning is not in the preserving part. It is the selection and preparation that makes meats choice and delicious. Prepare your meats just like you would for the table. Add salt and spices or other flavors. Roast or cook just like you do always. Cut into convenient sizes. Pack while hot into boiled, clean, hot jars. Divide your pan gravy so that each jar has a similar amount. Cover jars with new, boiled covers and rings.

Process in pressure cooker (pressure cooker time) or oven or hot water 2 to 3 hours.

Sealing: Put a cloth over the cover and jar. Place the tools over the cloth and turn. This cloth absorbs the fat and prevents slipping.

Do the same thing for all your meats. Once you have mastered one kind you know all. There is no difference in canning any of them. Prepare your meatballs as you always do. Continue as above.

CHICKENS

AGE: Can chickens of same age only.

SINGEING: Use wood alcohol in pie tin or lid.

COOLING: Cool birds over night.

Roast, bake or fry. Continue as for meat.

Salt just before packing in jars.

Remove most of bones. Pack tight.

GIFTS AND PRESENTS

Fill this out and bring or mail it to your nearest dealer.

Mail _____ GUNNARD CANNING SET _____ to:

_____

_____

_____

Price $1.75 Postage_____ Total_____

ORDER BLANK

THE GUNNARD CO. Inclosing $_____

7100 Oak Grove Blvd., Minneapolis 9, Minn.

Send _____ reliners for No. 600 @ 25c per set of 4.

Send _____ Gunnard Canning Sets @ $1.75 each._____

To _____

_____

A PERSONAL MESSAGE FROM THE INVENTOR

I invented the Canning Set in order that you might save your hands from the hot and dangerous jars and make canning easier and more pleasant. After seeing hundreds of hands injured on broken jars, I decided that there is a need for a Canning Set that makes canning safe.

I have written these directions, for you, in order that you might have better success and find more enjoyment in your canning. These Booklets are already in more than one million homes.

I want you to be satisfied with your Canning Set. I want to be sure that you know how to use your Set in order that you might get the best results out of it.

I guarantee every Set. Do not hesitate to write me about it. Also tell me and your friends how well you like it.

GUNNAR AHLQUIST, Inventor

KEEP RUBBER LININGS GOOD

The rubber linings are as important as tires on a car. When your linings become slippery from fats or syrup, take them out and boil them in soap water, or send for new linings. They may last several years. Your set is most efficient with new, good linings.

HAS YOUR CANNING SET SAVED WHAT YOU PAID?

Stop to consider how much you lost before you had a Gunnard Canning Set. Compare that to how little you have lost since you bought it. You will say that you made a profitable investment.

INSERTING LININGS

Pull, or clean out the old linings. Push new into place and press over a jar or pound with a round piece of wood.

A LASTING GIFT

Could you think of a better gift than a GUNNARD CANNING SET? It isn't the money you spend on gifts that is important. It depends on how much continued satisfaction your friends can get from what you give. The Gunnard Canning Set builds a long lasting friendship. Give each of your friends a Canning Set.

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HOW TO PRESERVE A HUSBAND

Be careful in your selection. Do not choose too young. When once selected give your entire thought to preparation for domestic use. Some insist on keeping them in a pickle, others are constantly getting them in hot water. This makes them sour, hard and sometimes bitter. Even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with love and seasoned with kisses. Wrap them in a mantle of charity. Keep warm with a steady fire of domestic devotion and serve with peaches and cream. Thus prepared they will keep for years.

THE GUNNARD COMPANY

Minneapolis 9, Minn.